

## Respiratory Syncytial Virus (RSV)

RSV is a common respiratory illness that can affect persons of any age. It is the most important cause of bronchiolitis and pneumonia in infants and young children. RSV can be especially serious in infants who were born prematurely, or those with heart, lung or immune system problems. Outbreaks of RSV occur almost every year during winter and early spring. Spread in child care centers, among both adults and children is common.

**CAUSE:** Respiratory syncytial virus

**SYMPTOMS:** Fever, cough, wheezing, watery eyes, runny nose, and sneezing. Very young infants sometimes have tiredness, irritability, loss of appetite, and trouble breathing with few other respiratory signs.

**TRANSMISSION:** Spread by direct contact with contaminated hands and by droplets expelled from the nose and mouth during sneezing or coughing. The virus can live on the hands for 30 minutes or more.

**INCUBATION:** It takes 1 to 10 days from the time a person is exposed until symptoms develop.

**CONTAGIOUS PERIOD:** The virus is usually present for 3 to 8 days, sometimes up to 4 weeks.



Until fever is gone and child is well enough to participate in normal daily activities.

## *Prevention & Control*

1. Wash hands frequently and thoroughly with soap and water for at least 20 seconds. If hand sanitizers are used, they may only be used after thorough hand washing.
2. Minimize contact with respiratory secretions, such as saliva or nasal mucus.
3. Dispose of any tissue or items soiled with discharge from the mouth or nose in a waste container.

4. Clean and sanitize mouthed toys at least daily when soiled.



**1. Bleach Sanitizer (Use non-scented)**

- 1 teaspoon bleach in 1 gallon water
- $\frac{1}{4}$  teaspoon bleach in 1 quart water

*USE TEST STRIP TO CHECK CONCENTRATION.*

*DO NOT RINSE, LET AIR DRY.*

*PREPARE FRESH SOLUTION DAILY.*

OR

**2. Commercial or food grade sanitizer that is EPA approved**

*FOLLOW MANUFACTURER'S DIRECTIONS.*

5. Contact your physician if you have any questions about medications.

For more information, you or your physician may call the Central District Health Department at 385-5175, or your local health department.